

WINTER WARM-UP CHALLENGE

January 14 – February 24, 2013

BOOST YOUR HEALTH:

Practice health habits that support healthy living and weight management!

REACH THE GOAL:

1. Participate in these healthy behaviors to earn up to four points per day:

- Exercise at least 15 minutes daily
- Eat 3 servings of fruit and/or vegetables daily
- Don't skip meals – breakfast, lunch or dinner
- Limit sweets to 1 serving or less daily

2. Each activity = one point

3. The goal is to earn at least 100 points during the challenge!

4. Challenges are designed to help you put healthy habits into practice to improve your health or maintain good health. Challenges do not count toward DelaWELL Rewards.

Get Started January 14th:

Click on the challenge banner when you visit the DelaWELL Health Portal for more information and/or to log your activities.



(866) 674-9103

DelaWELL Health Portal – <https://delawell.alerehealth.com>